

Are You an Alcoholic?

20 Questions developed by Johns Hopkins Hospital

Answer as truthfully as you can:

1. Do you lose time from work due to drinking
2. Is drinking making your home life unhappy?
3. Do you drink because you are shy with other people?
4. Is drinking affecting your reputation?
5. Have you ever felt remorse after drinking?
6. Have you gotten into financial difficulties as a result of drinking?
7. Do you turn to lower companions and an inferior environment when drinking?
8. Does your drinking make you careless of your family's welfare?
9. Has your ambition decreased since drinking?
10. Do you crave a drink at a definite time daily?
11. Do you want a drink the next morning?
12. Does your drinking cause you difficulty in sleeping?
13. Has your efficiency decreased since drinking?
14. Is drinking jeopardizing your job or business?
15. Do you drink to escape from worries or troubles?
16. Do you drink alone?
17. Have you ever had a complete loss of memory due to drinking?
18. Has your physician ever treated you for drinking?
19. Do you drink to build up your self-confidence?
20. Have you ever been to a hospital or institution on account of your drink

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20 Further Questions Developed by California Lawyers for Their Colleagues

1. Have you ever failed to show up at the office because of a hangover?
2. Failed to appear in court for the same reason?
3. Neglected to process mail promptly?
4. Neglected to pay State Bar dues on time?
5. Frequently failed to keep appointments?
6. Showed up in court or at depositions under the influence?
7. Are you drinking in the office during office hours?
8. Have you used – misused –co-mingled or borrowed clients' Trust Funds?
9. Have you failed to accept or answer telephone calls because you didn't feel good?
10. Have you gotten other attorneys to make court appearances on your behalf?
11. Are you avoiding the resolution of problems?
12. Are you regularly partaking of noontime cocktails?
13. Is your ability to perform diminished in the afternoon?
14. Are you frequently blaming your secretary for the things that go wrong?
15. Are your relationships with your clients, staff and friends deteriorating?
16. Do you get drunk at bar association meetings and social gatherings?
17. Does your spouse complain that you are drinking too much?
18. Are you missing deadlines for performance like allowing the Statute of Limitations to run out?
19. Are you losing control at social gatherings when professional decorum is called for?
20. Are these occurrences increasing in frequency?